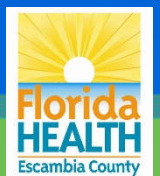


Health Equity

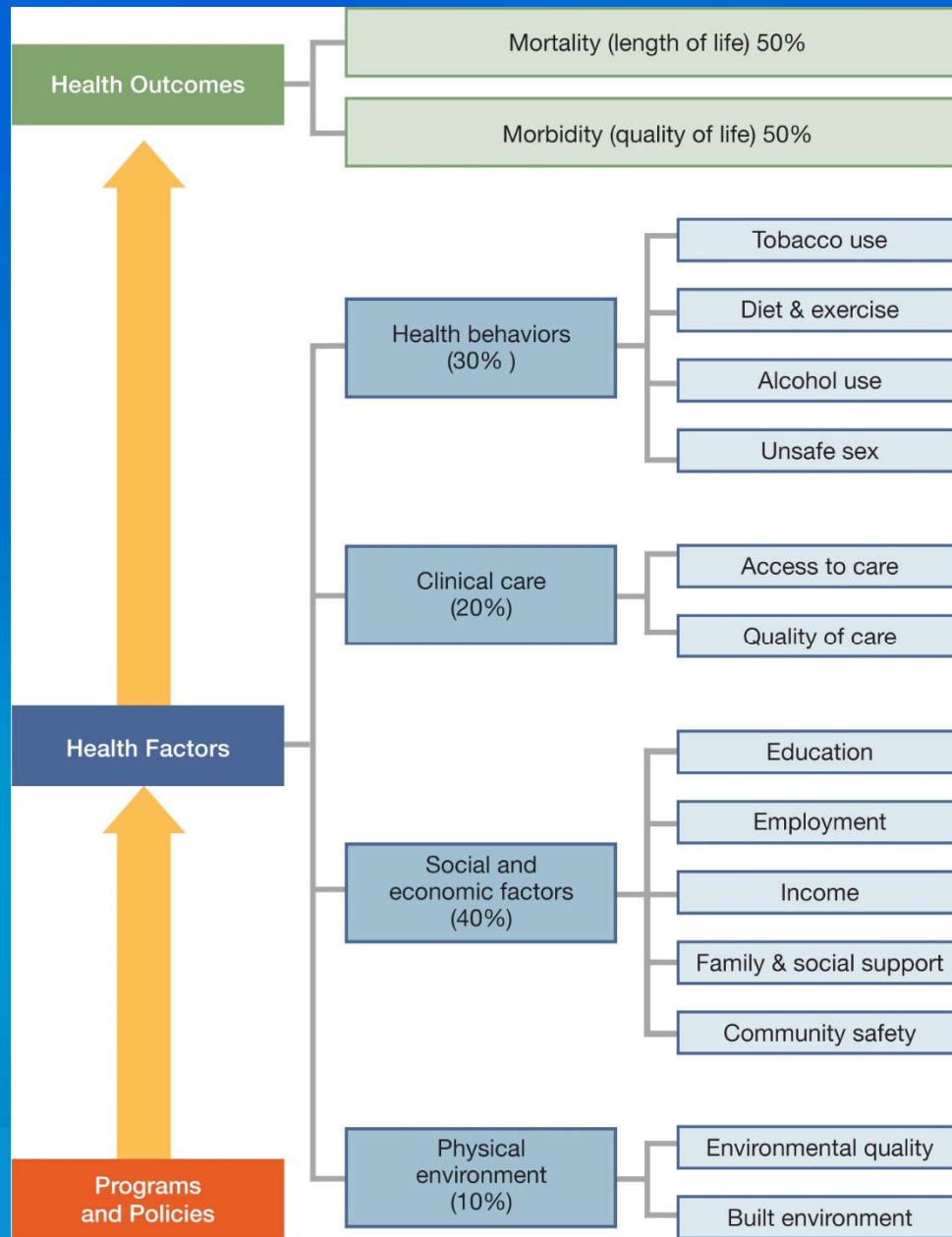
Versilla Turner, MS, RDN
Florida Department of Health in Escambia County

April 21, 2017



Health Equity

- Relationship of SDOH and health behaviors
- Examples of health disparities
- The difference in equality and equity
- The impact of poverty and chronic stress
- Changing the way we think of health

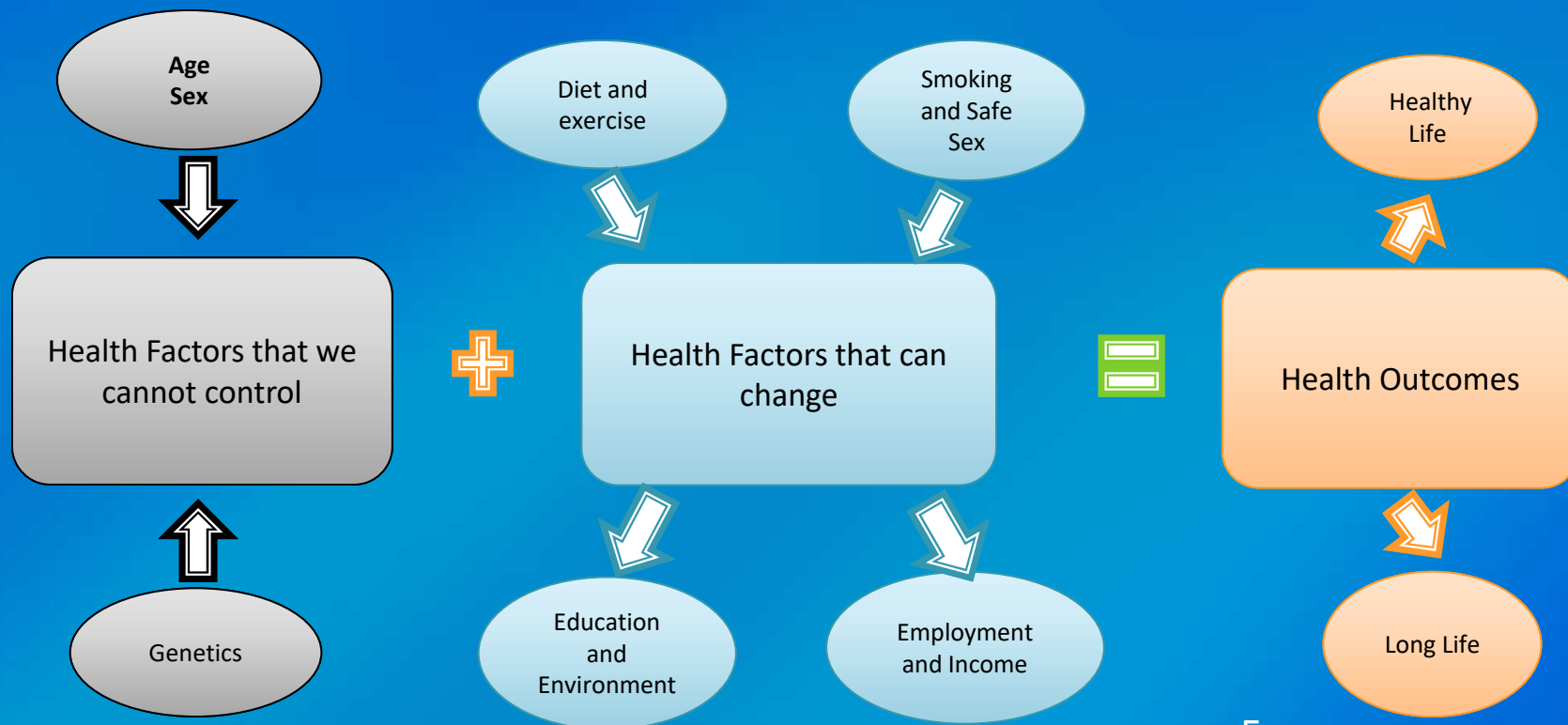


County Health Rankings model ©2010 UWPHI

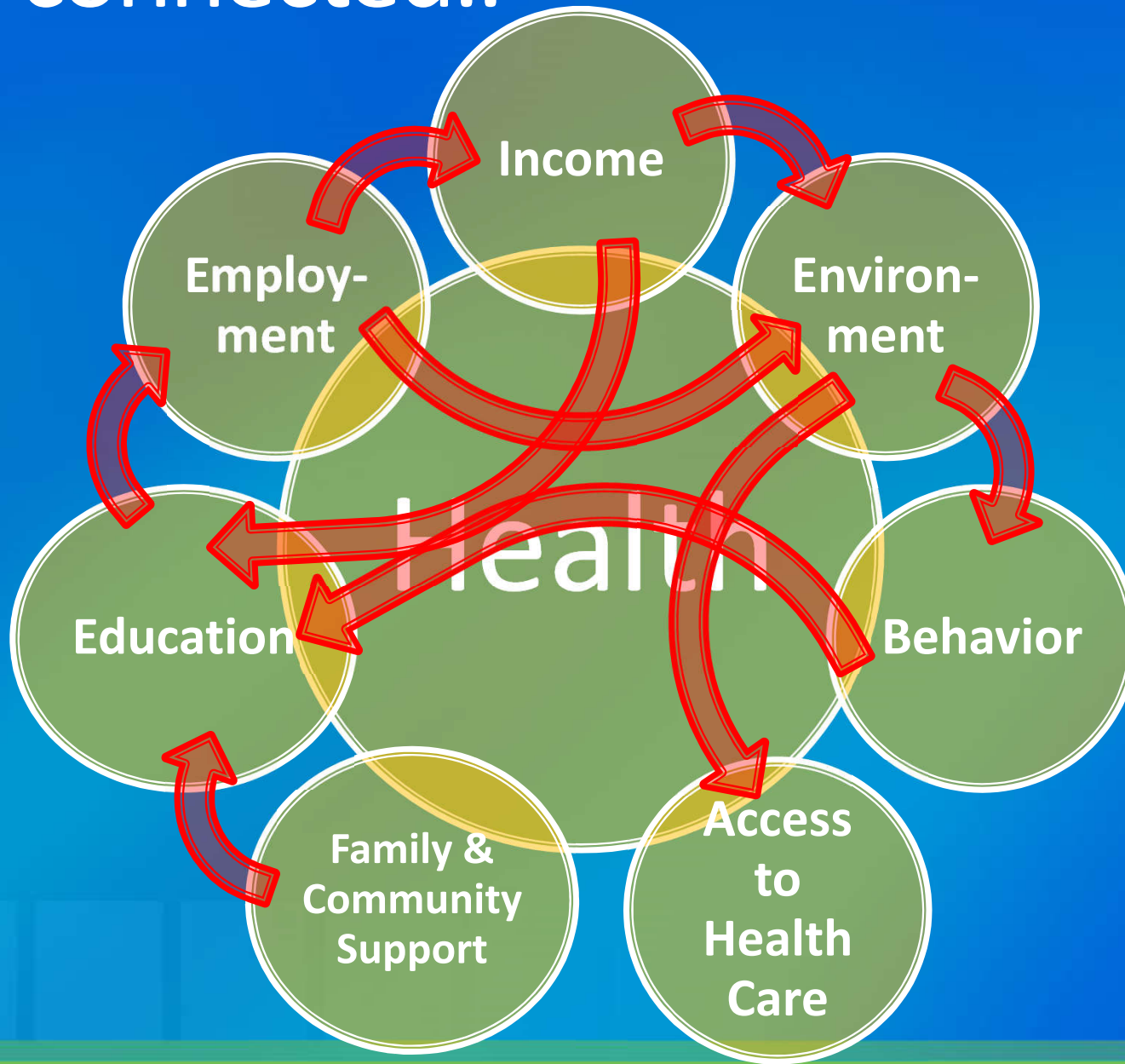
RWJF County Health Ranking 2017

1 St. Johns (SJ)	18 Indian River (IR)	35 DeSoto (DE)	52 Taylor (TA)
2 Collier (CO)	19 Miami-Dade (DA)	36 Polk (PO)	53 Hendry (HE)
3 Sarasota (SS)	20 Brevard (BV)	37 Pasco (PA)	54 Columbia (CU)
4 Martin (MA)	21 Orange (OR)	38 Bay (BY)	55 Escambia (ES)
5 Seminole (SO)	22 Wakulla (WK)	39 Franklin (FR)	56 Suwannee (SN)
6 Clay (CL)	23 Leon (LO)	40 Volusia (VO)	57 Levy (LV)
7 Monroe (MO)	24 Manatee (MN)	41 Highlands (HL)	58 Holmes (HM)
8 Santa Rosa (SR)	25 Alachua (AL)	42 Washington (WG)	59 Dixie (DI)
9 Palm Beach (PB)	26 Pinellas (PL)	43 Hernando (HN)	60 Jefferson (JE)
10 Nassau (NA)	27 Lafayette (LY)	44 Citrus (CI)	61 Bradford (BF)
11 Broward (BW)	28 Hillsborough (HB)	45 Jackson (JS)	62 Okeechobee (OK)
12 Okaloosa (OL)	29 St. Lucie (SL)	46 Hardee (HA)	63 Hamilton (HT)
13 Flagler (FL)	30 Gilchrist (GI)	47 Glades (GL)	64 Madison (MS)
14 Lake (LA)	31 Gulf (GU)	48 Duval (DU)	65 Putnam (PN)
15 Charlotte (CH)	32 Osceola (OS)	49 Marion (MR)	66 Union (UN)
16 Lee (LE)	33 Calhoun (CA)	50 Baker (BA)	67 Gadsden (GA)
17 Sumter (ST)	34 Walton (WT)	51 Liberty (LI)	

What Determines Health?



It's all connected..



The Advantage Walk

Health Equity



Impacts on Public Health Practices

Modifiable Health Disparities

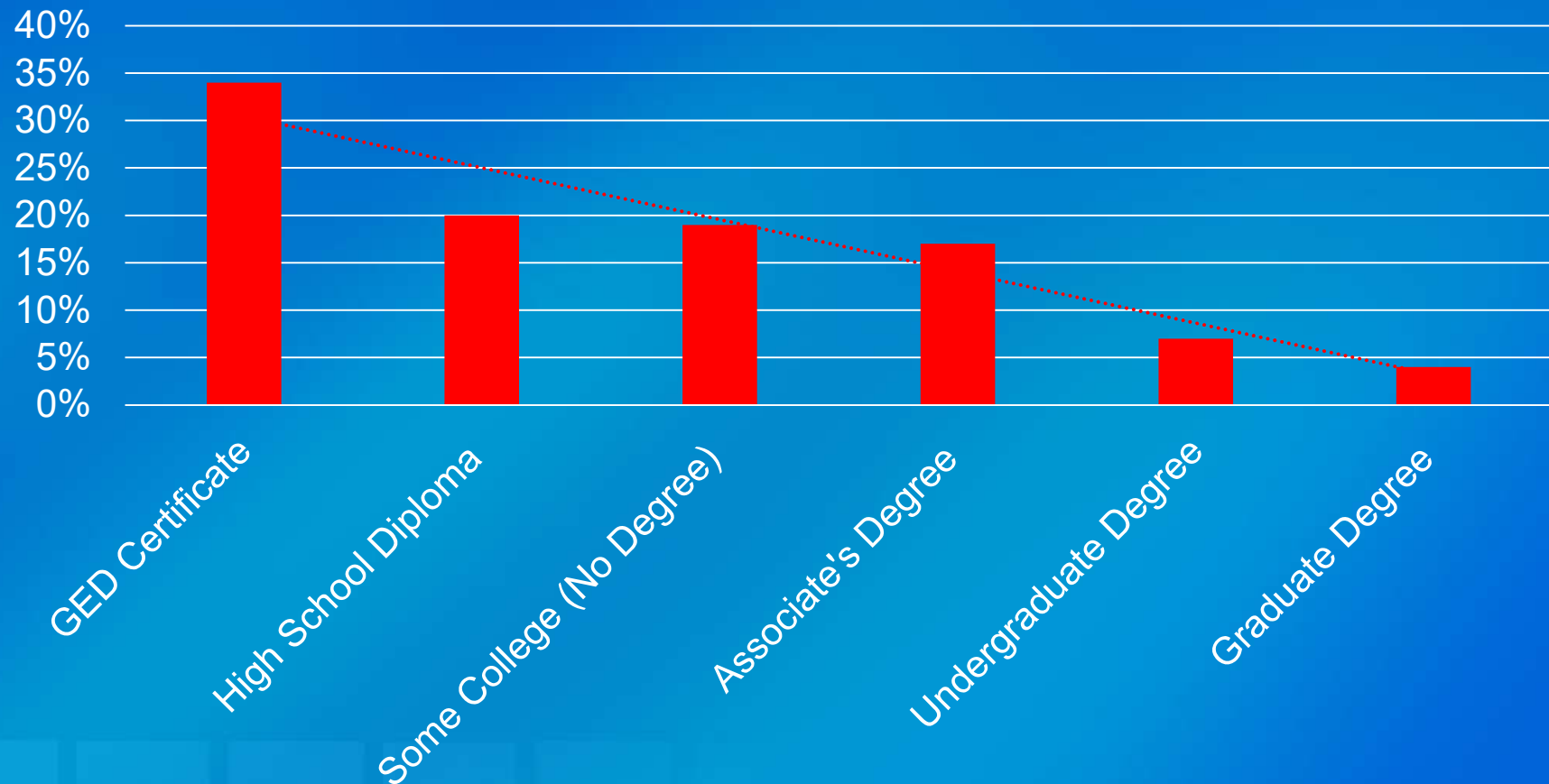


Looking at Population Health
through an Equity Lens

Education



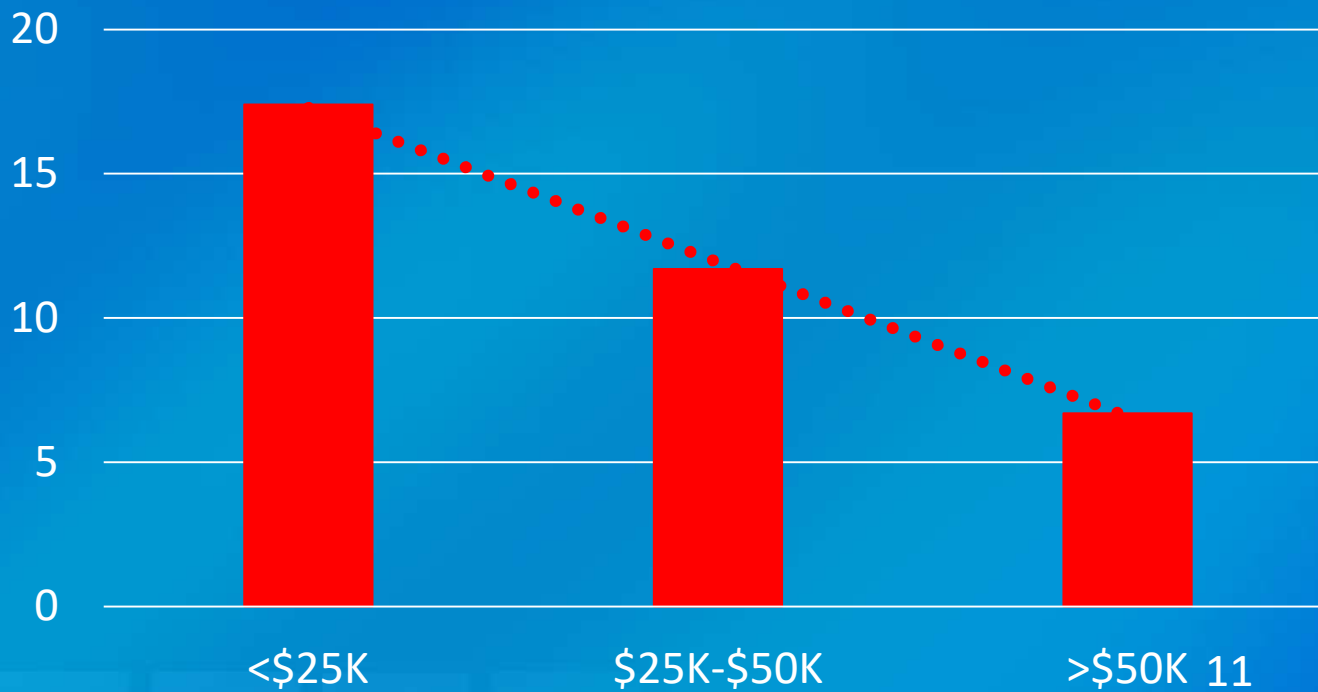
Smoking Rates



Income

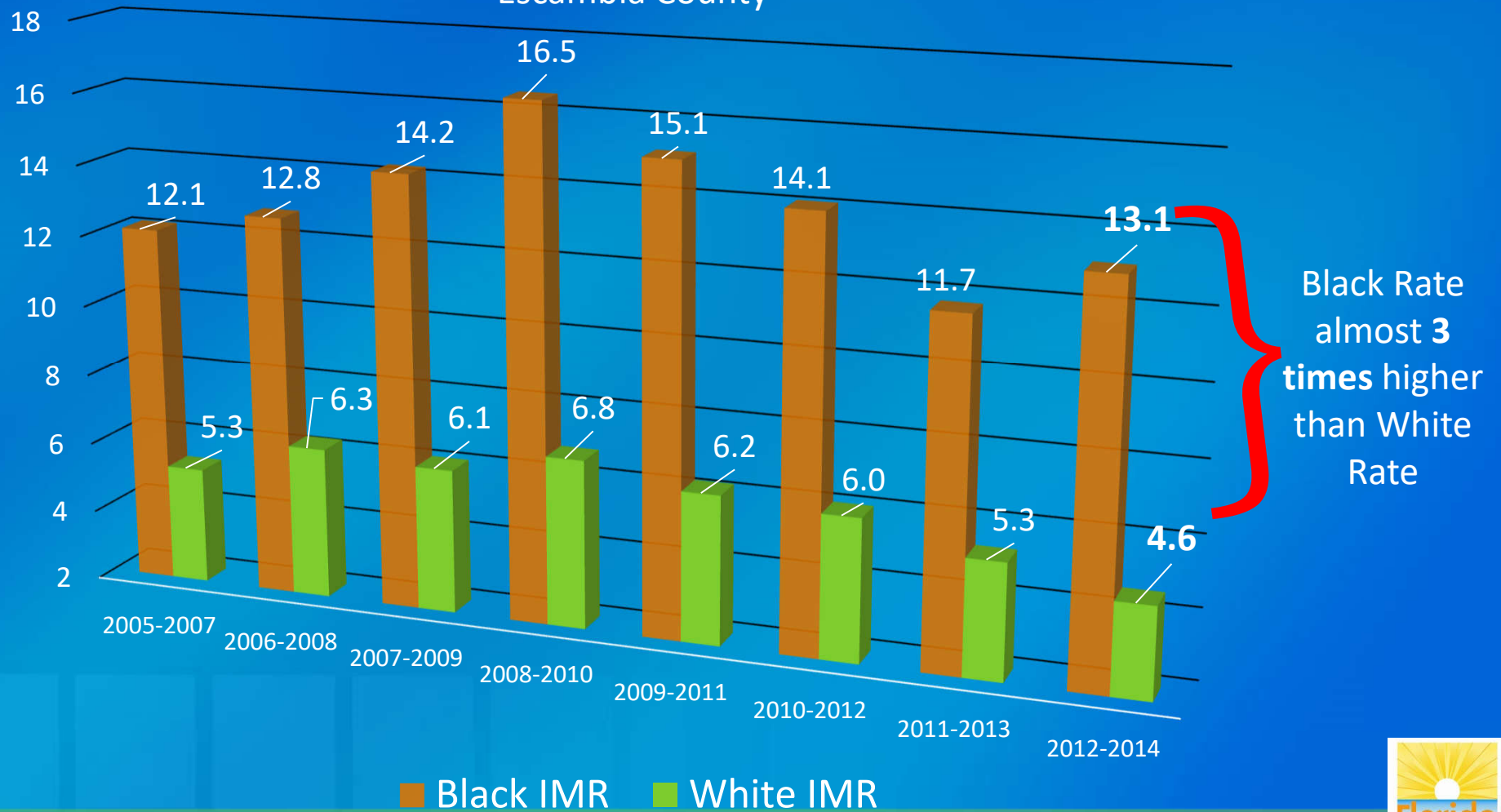


Adults Who Have Ever Been Told They Had Diabetes

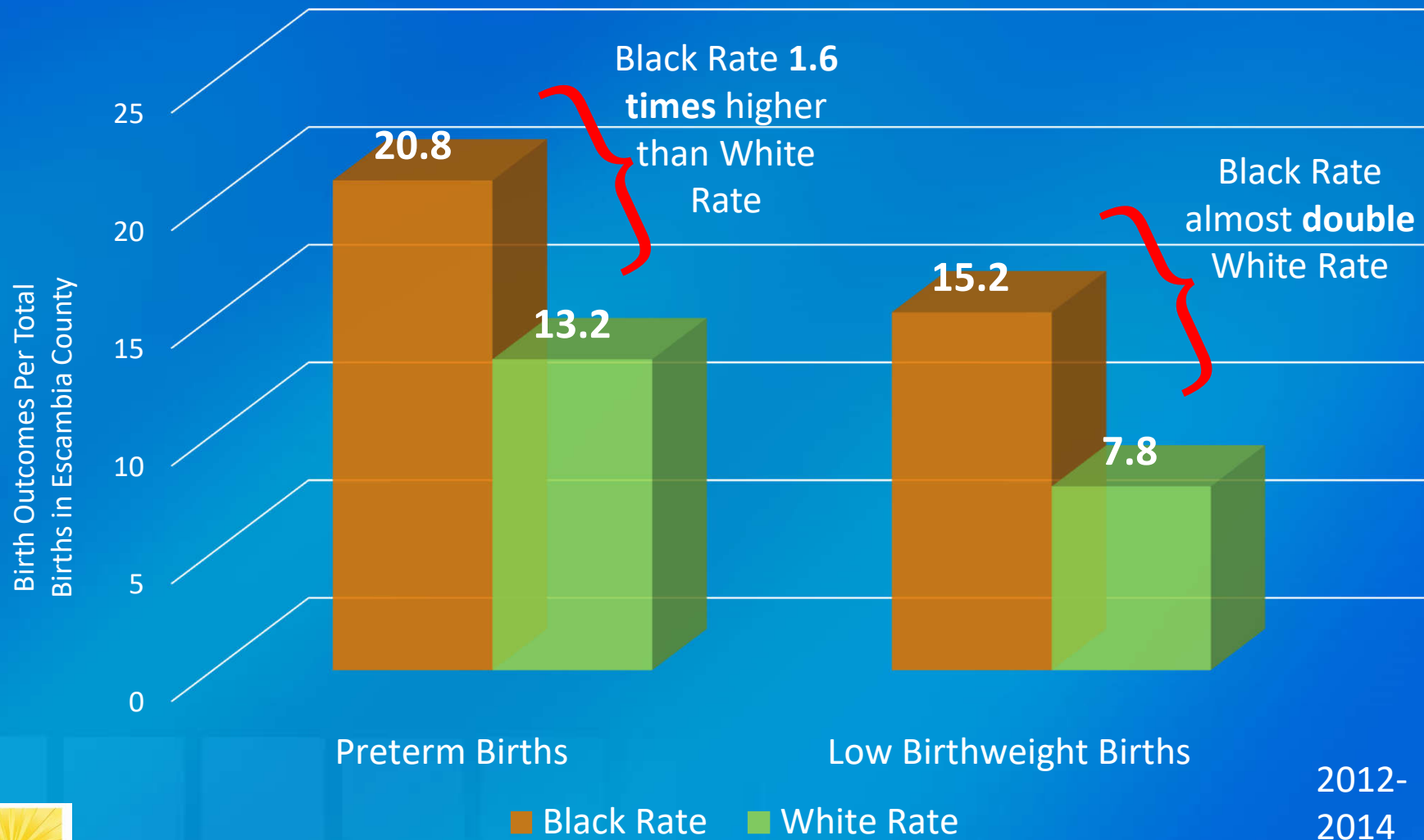


Race

Infant Mortalities per 1000 Live Births,
Escambia County



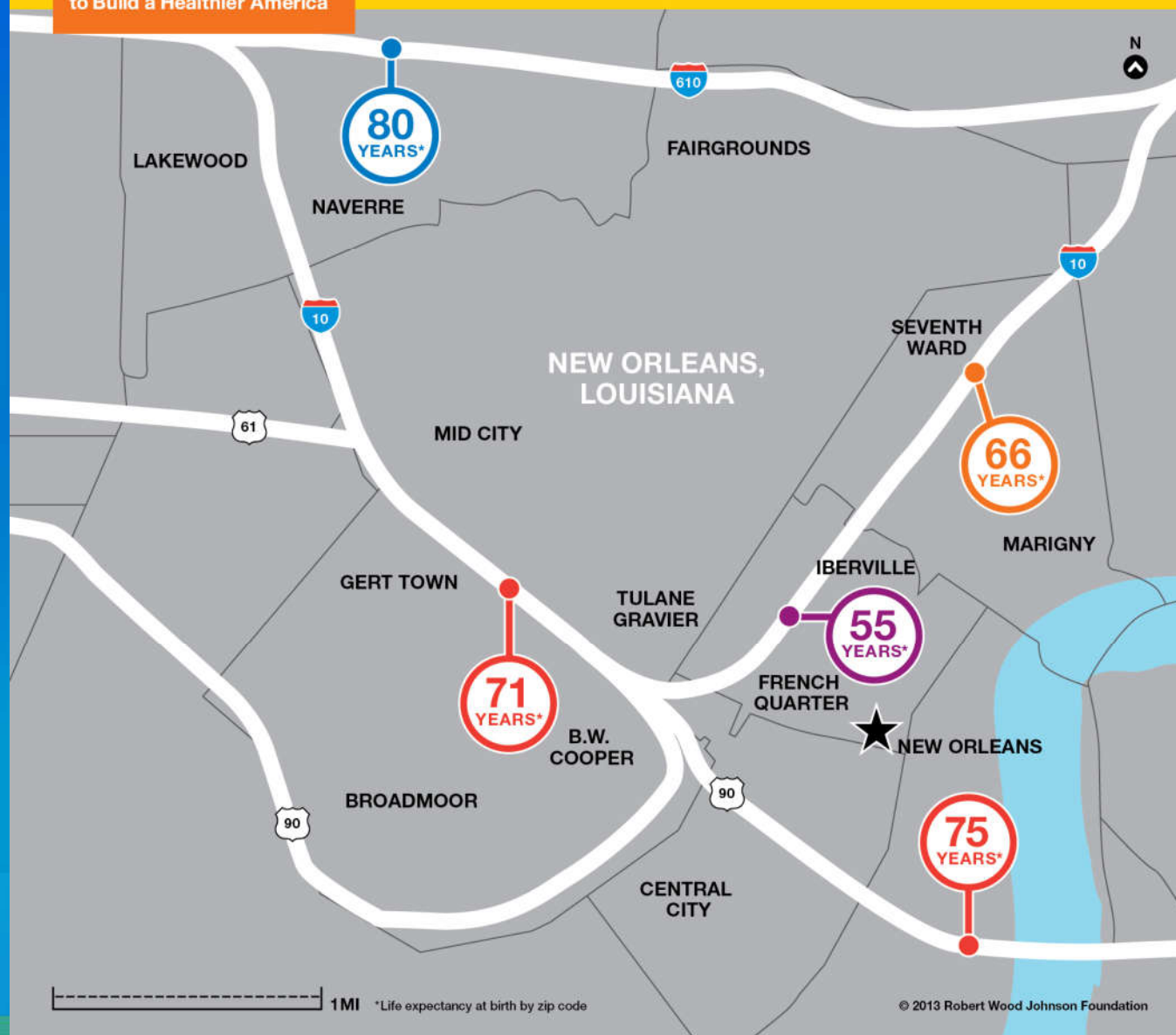
Race



ZIP Code

Princeton and Trenton New Jersey





Health by zip code?

CITY	MEN	WOMEN
US Average	75.6	80.7
Pensacola	73.2	78.4
Gulf Breeze	75.2	80.3
Palm Beach	78.1	83.5
Boulder, CO	78.2	82.0
Newton, MA	79.3	83.2

Why are some neighborhoods so much healthier than others?

- Unsafe or unhealthy housing
- Fewer opportunities to be active – parks, green spaces, walkability
- Proximity to highways, factories, pollutants
- Limited access to primary care doctors
- Unreliable or expensive public transit, limited job opportunities
- Residential segregation (highways, waterways, etc.)

17

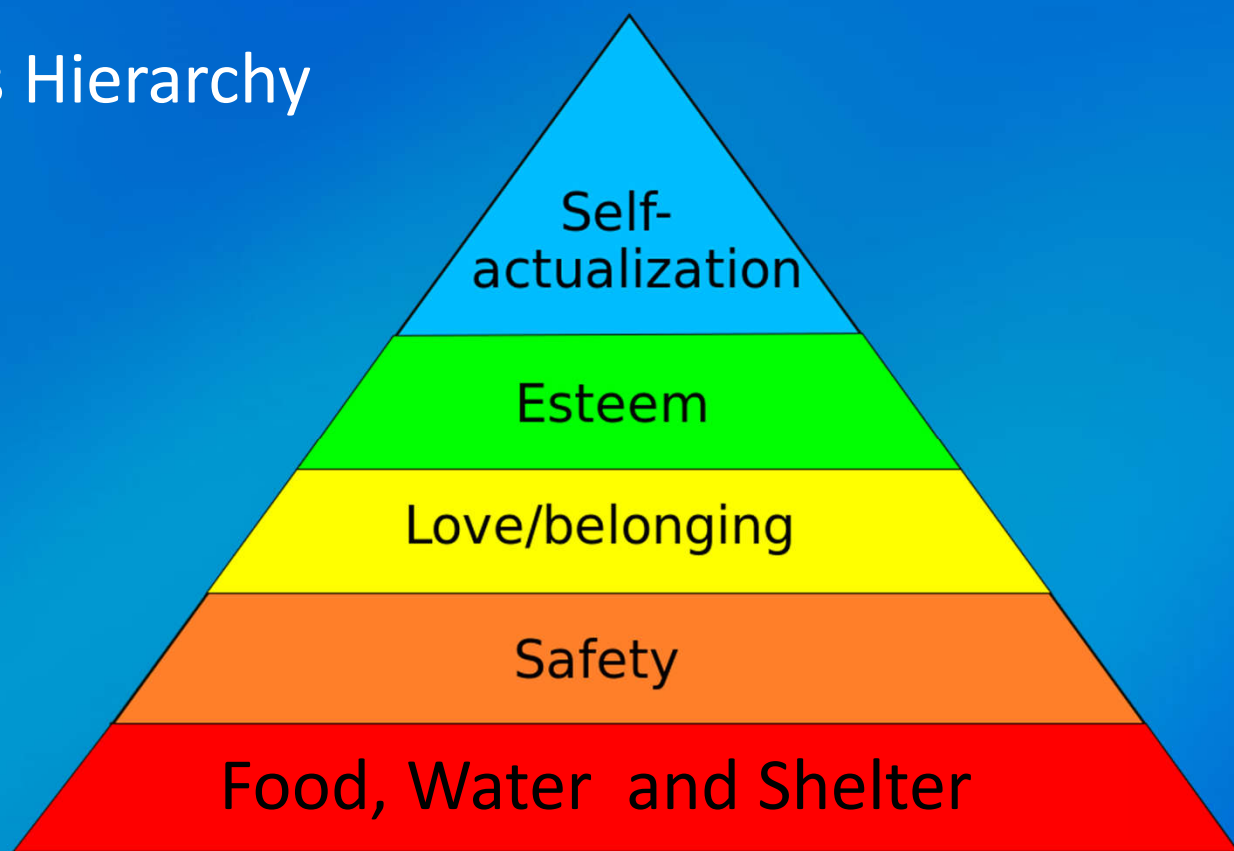
Why are some neighborhoods so much healthier than others?

- Poor school funding
- Access to low quality foods
- Prevalence of tobacco sales
- Availability of alcohol, numerous liquor stores
- Exposure to violence



Poverty, Stress, and Disease

Maslow's Hierarchy

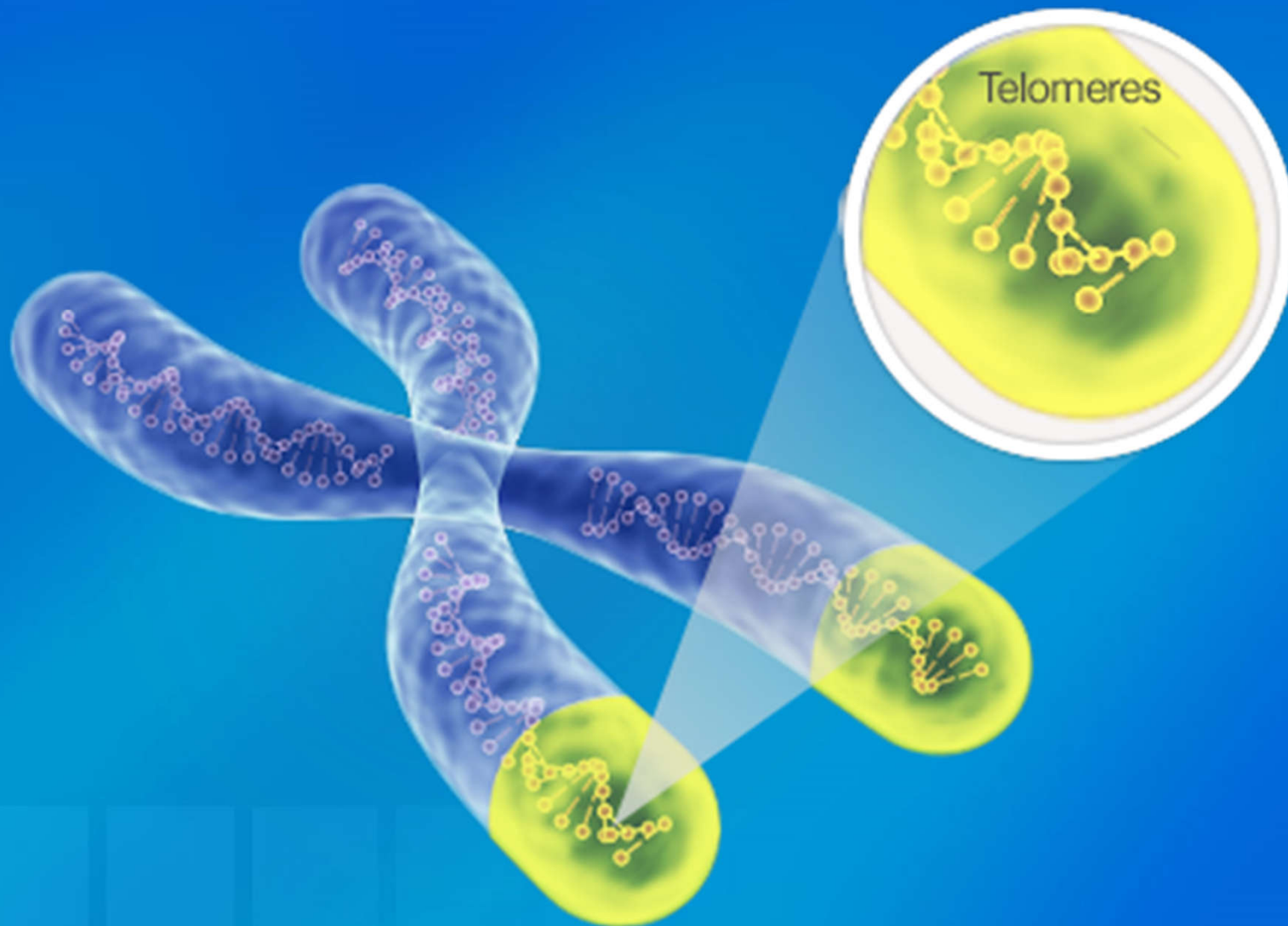


Scarcity forces people to think differently

Stress and Disease

- Physiological changes with chronic stress
 - Stress hormones mobilize glucose
 - Raises blood pressure
 - Increases heart rate
 - Lowers immune response
 - Chronic inflammation (increased CVD risk)
 - Elevates bad cholesterol
 - Can change your DNA
 - Changes that don't alter sequence, but influence gene expression or suppression (Epigenetics)

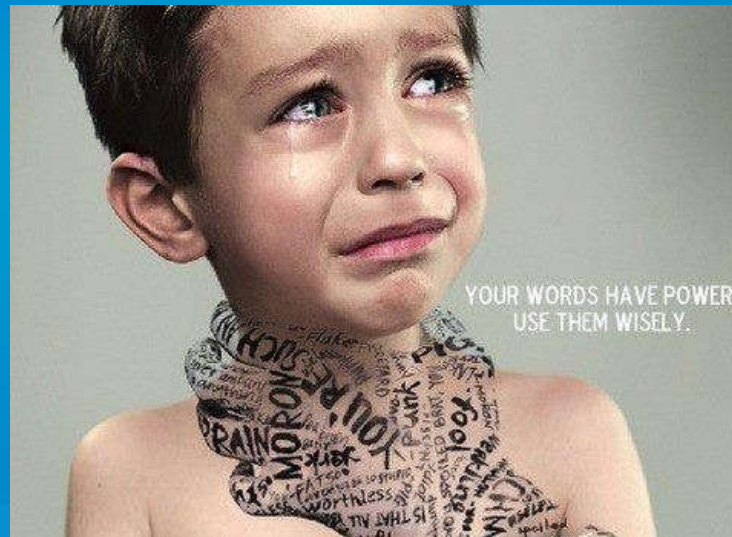
Stress and Disease



Stress and Disease

“Adverse childhood events are a significant unaddressed public health threat.”

Dr. Robert Block, former President of the AAP



Stress and Disease

- Four or more Adverse Childhood Events
 - Increases the risk for 7 of the 10 leading chronic diseases. CDC
 - Triples the risk of CVD
 - Reduces life expectancy by 20 years
 - **Risks persisted even in the absence of risky behaviors as an adult.**
- Affects the developing brain, immune system, hormones, gene expression



Stress and Disease

“It’s especially important to understand that neurobiological differences we find among children from disadvantaged communities (attention span, cognitive flexibility, short term memory) does not imply the differences are genetic in origin. Rather, many of the disparities in brain structure and function are the direct consequences of early rearing in impoverished, chaotic and stressful conditions”

- Dr. Tom Boyce, Chief of UCSF’s Division of Developmental Medicine



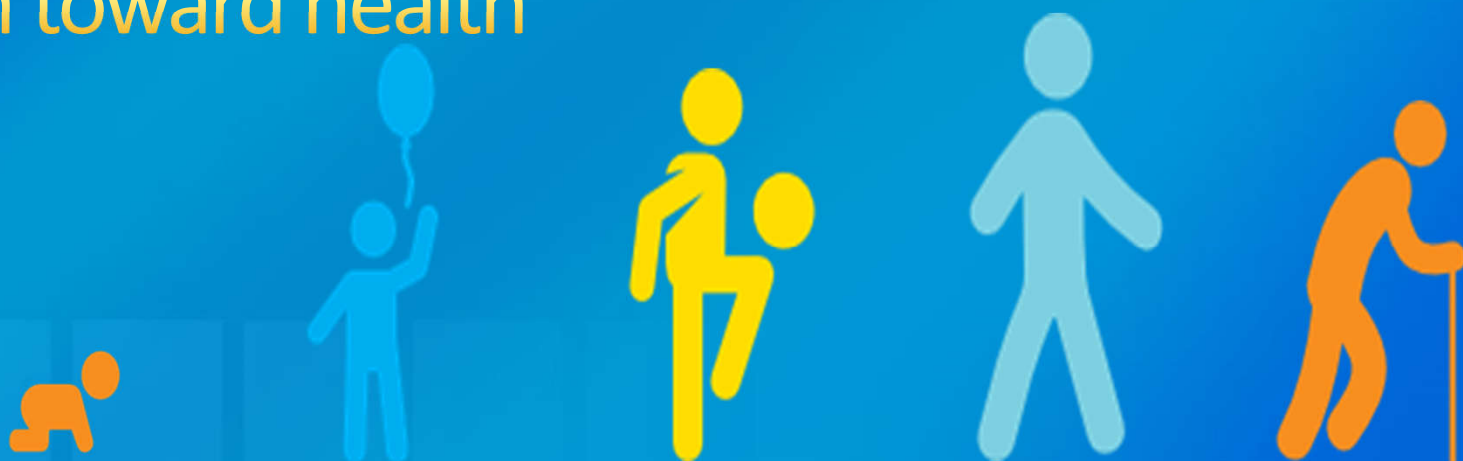
Too Small to Fail



Health begins - and grows - where we live,
work, learn and play

Health is mental, physical, emotional, social

The goal of health equity is for every American
to have the means and ability to choose the right
path toward health



Equality and Equity

Health Equality

- Everyone gets the same things in order to enjoy full, healthy lives.
 - Only works if everyone starts from the same place and needs *the same things*

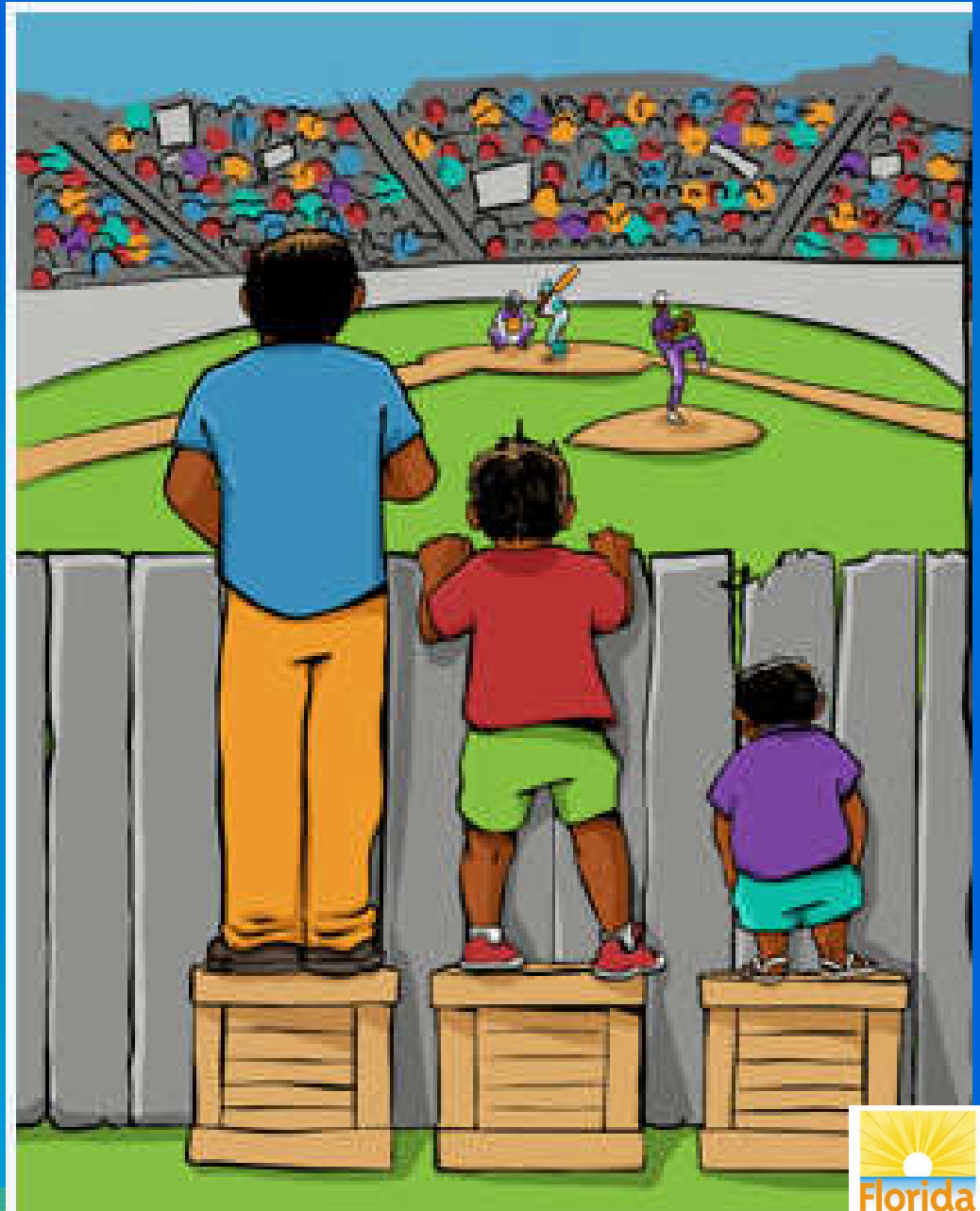


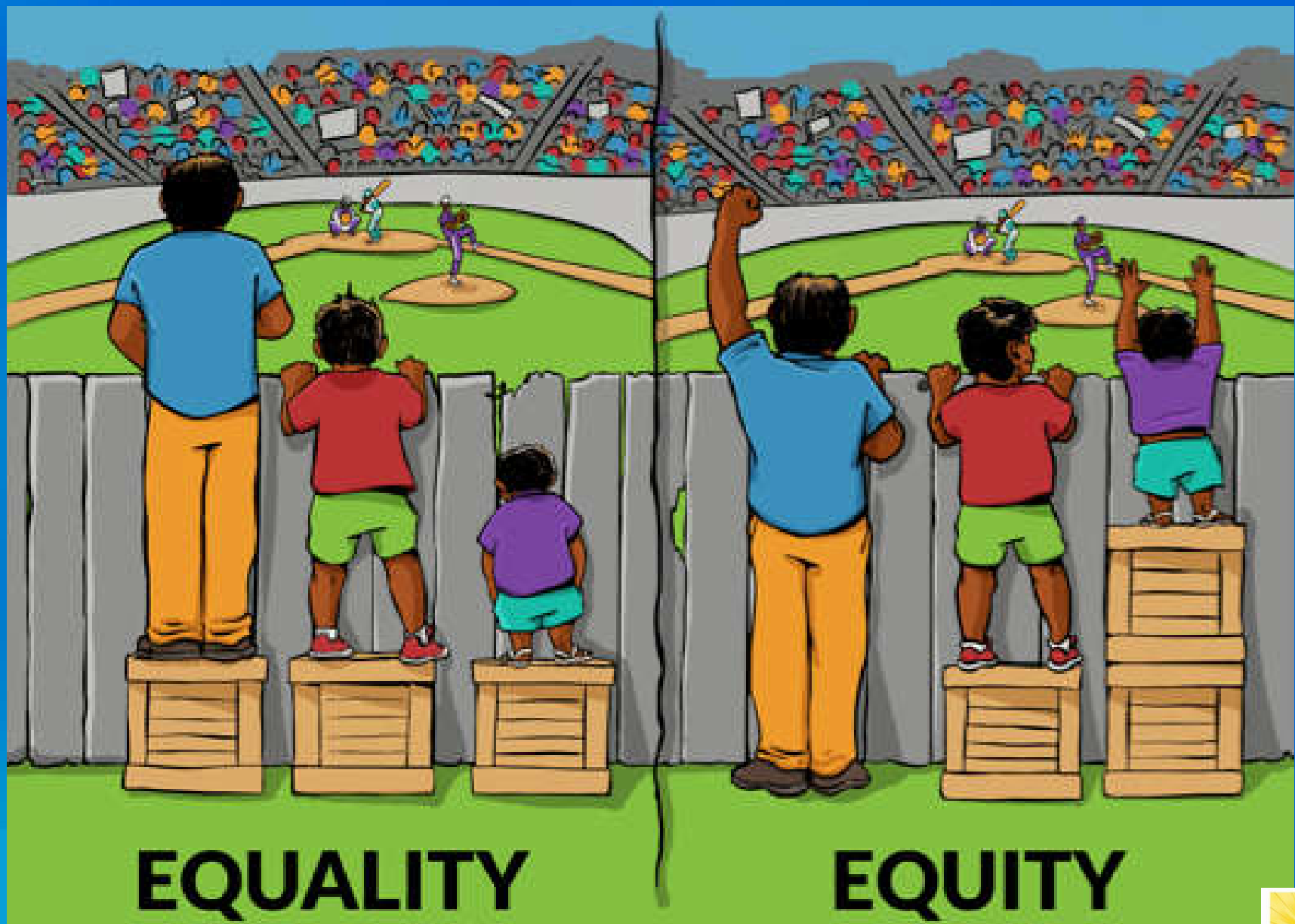
Health Equity

- Give people tools based on *what they need* to enjoy full, healthy lives.

Health Equity

Everyone has the opportunity to attain their full health potential and no one is disadvantaged for achieving this potential because of their social position or other socially determined circumstance.



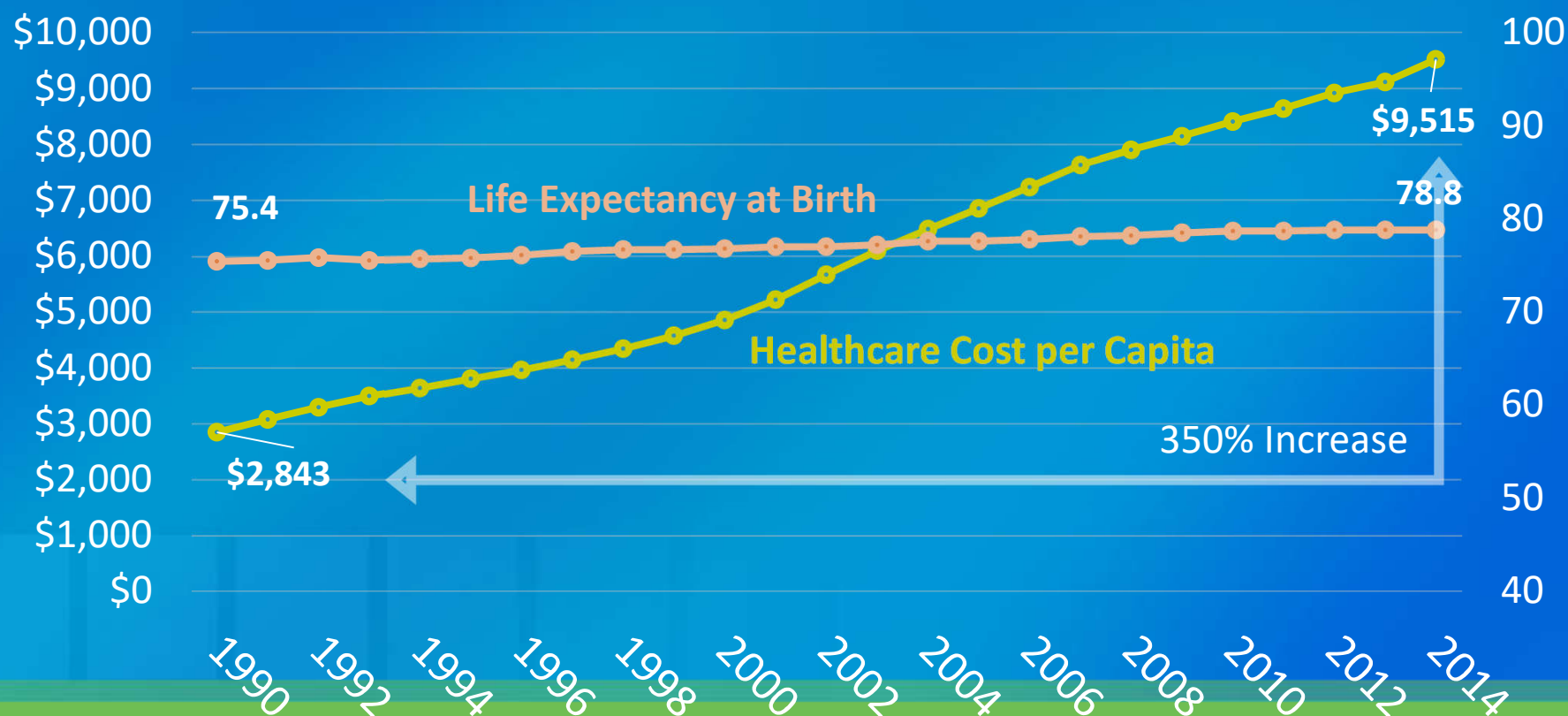




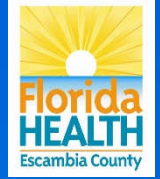
America Leads The World



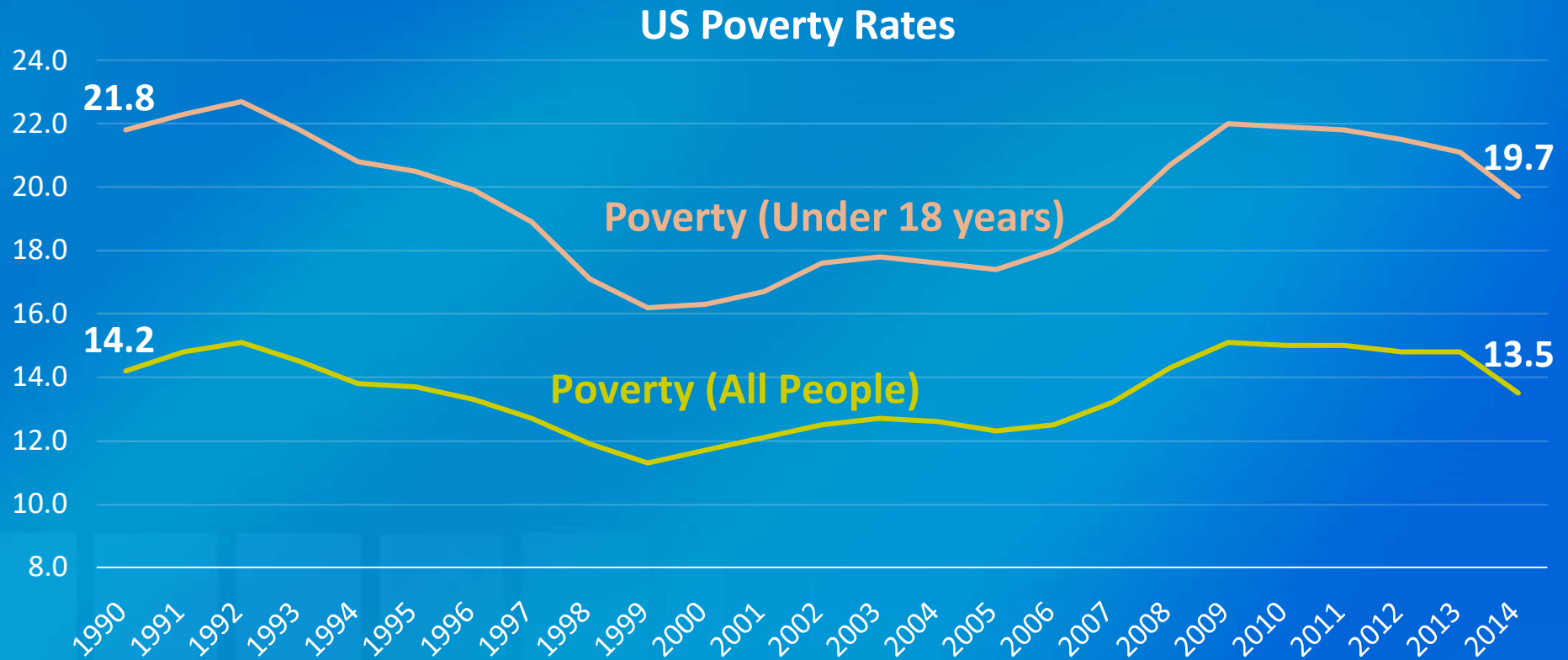
- Most expensive healthcare system in the world
- Not in the top 25 in life expectancy (behind Bosnia and Jordan)
- 30 trillion, 17.5% of the national budget (2014)
- Only 3% spent on Prevention



American leads the world



- Child poverty among affluent countries
- Ranked 34 out of 35 countries
- Behind all of Europe, Australia, Canada, New Zealand and Japan



Change the Way We Think About Health



Dr. Rishi Manchanda, MD, MPH

- “Living and working conditions account for 60% of preventable death. “
- Veronica’s story



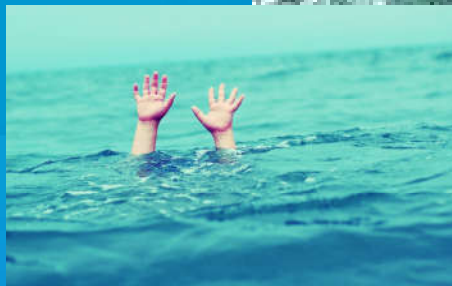
Change the Way We Think

- Stop thinking of health as something people get in the doctor's office. That's sick care
- Recognize that health comes from homes, schools, worksites, playgrounds and parks, in the air we breath and the water we drink.
- Focus on the root causes of health and disease
- Imagine a system where everyone can see a doctor, but we've made it less likely they will need to.

Change the Way We Think of Health

- Good health requires:
 - Safe communities, freedom from violence
 - High quality education, safe jobs with a fair wage
 - Decent and safe housing
 - Nutritious foods
 - Opportunities to be active and engaged
 - Reliable transportation
 - Clean water and non-polluted air
 - Healthy People 2020

Change the Way We Think of Health



Change the Way We Think of Health

Root Cause

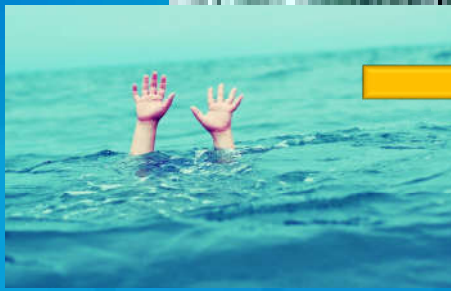
The Upstreamist finds the root cause

Public Health

Vaccines, education, preparedness, community assessment



Primary care medicine, social support programs



Emergency rooms, food banks, homeless shelters

Change the Way We Think About Health

Root Cause

- Freedom from discrimination
- Job opportunities
- Food access & security
- Decent house
- Community safety
- Access to medical care
- Social support and engagement
- Family support

Intermediate
Outcome

Goal

Health
promoting
behaviors

Health

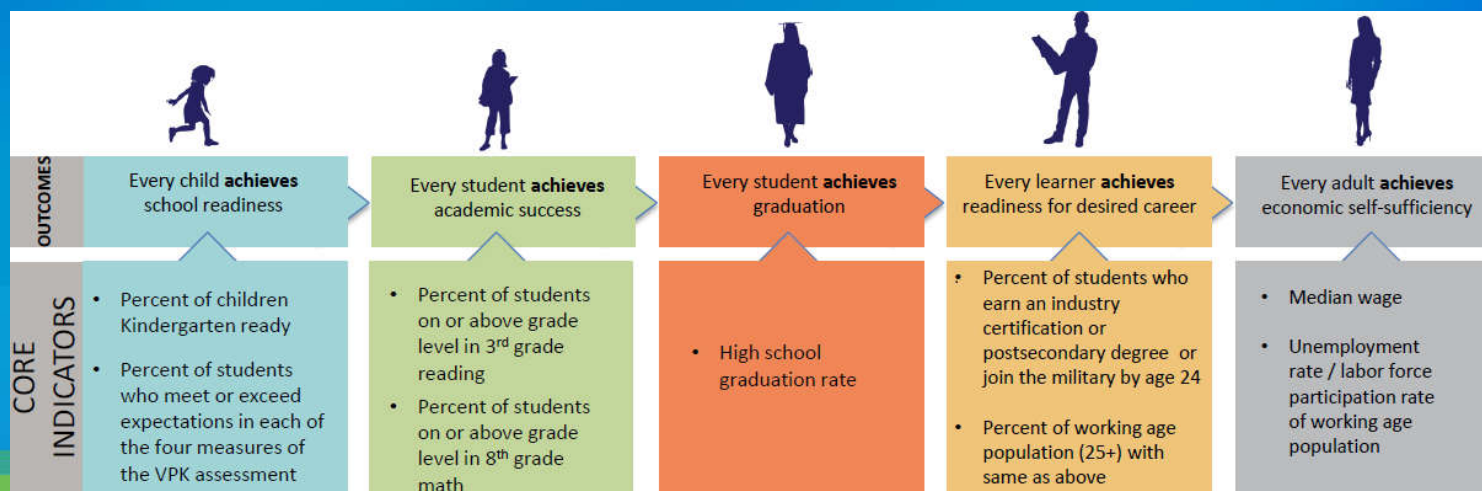
What Can You Do?



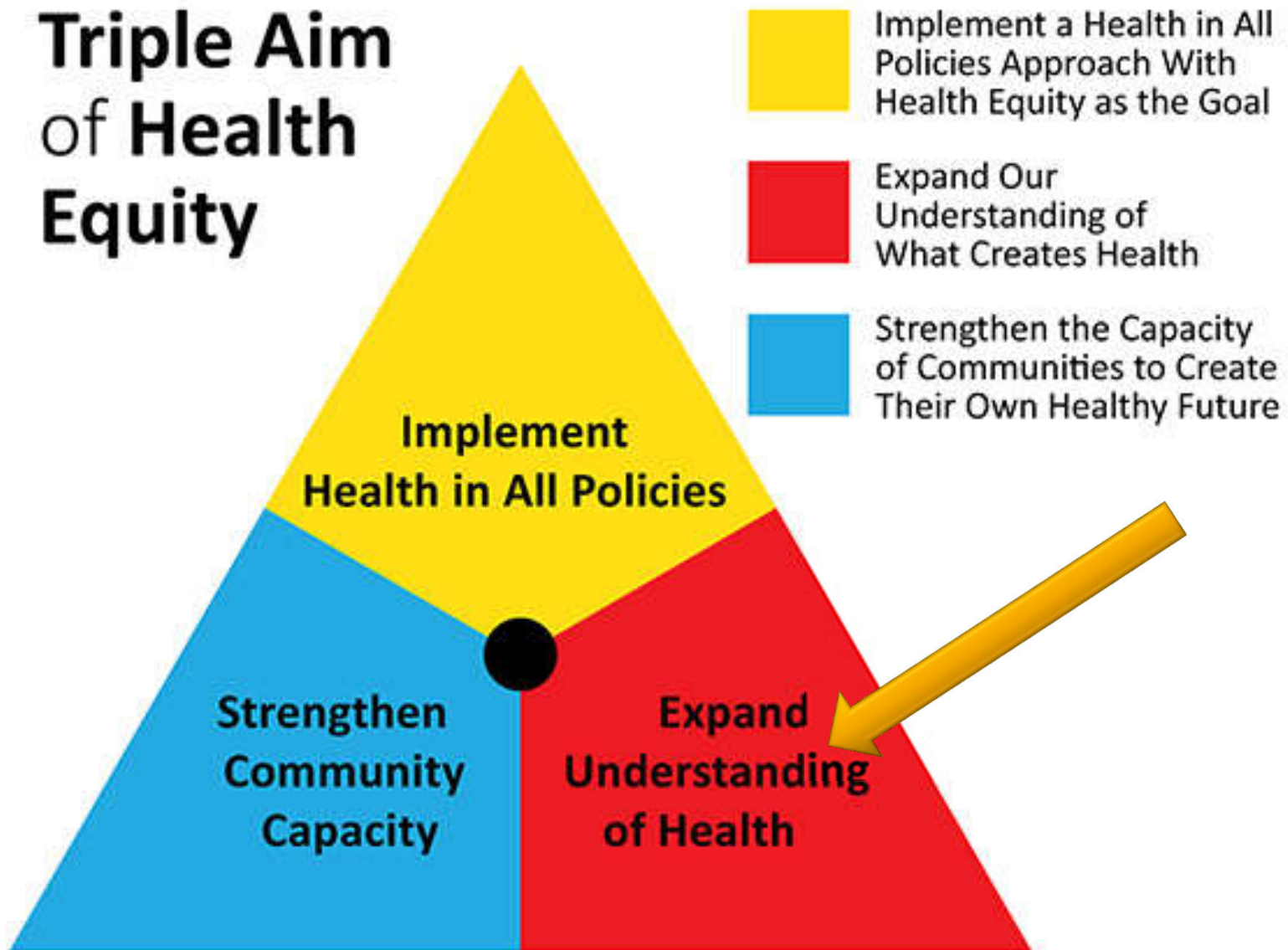
- Think about barriers:
 - Appointment times, meeting time and place
 - Health messages
 - Health literacy
 - Access to services
 - Culturally sensitive counseling
- Become part of the conversation
 - Talk with peers and community partners
 - Advocate for public health participation in talks about community planning, transportation, housing

What Can Our Community Do?

- Achieve Escambia
- 30 Million Words Project
- Weiss Community School
- Food Insecurity Team
- Community Health Assessment



Triple Aim of Health Equity



Thank you!

Questions?

Community Engagement

